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Spring 2-1-2019

PSYX 100S.01: Introduction to Psychology

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Heppner, Hannes, "PSYX 100S.01: Introduction to Psychology" (2019). *Syllabi*. 10443.
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Psychology 100: Introduction to Psychology

Spring 2019

Course Location and Time

Chemistry Building 123

Tuesday and Thursday 12:30 – 1:50pm

Instructor Information

Instructor: Hannes Heppner

Office: Skaggs 053

Email: hannes.heppner@umontana.edu

Office hours: Mondays 9:00-10:30am, Wednesdays 9:00-10:30am, and by appointment

Course Description

Psychology is the science of behavior and mental processes. In this course you will learn about the basic subject matter of psychology, various subfields, how psychologists study behavior, and how psychological knowledge has been applied to improve the quality of life. Moreover, you will learn about psychology through the lens of multiple theories, ranging from behavioral, physiological, social, and cognitive approaches. The topics discussed in this class are meant to portray the overarching and general themes of what makes up the field of psychology. They are covered in further depth in more advanced classes. Thus, this class will ideally provide you with a direction which area(s) of psychology are of particular interest to you. As you further navigate your academic career, you should then be better able to identify relevant and interesting coursework.

The course primarily employs a lecture format, although your comments, questions, and discussions are strongly encouraged. Throughout the semester, visiting guest lecturers and/or films may be presented in class as well.

Learning Goals

1. My goal is to **increase your knowledge of psychology**. This includes enhancing your understanding of a) major psychological approaches to the study of behavior and mental processes; b) major issues in psychology; c) research findings and applications of psychological work; d) the research process and its limitations; and e) psychology's most important contributors.
2. I hope that this course will **stimulate your scientific curiosity** about human behavior and enable you to **critically evaluate** research and scientific information.
3. I hope that you will enhance your ability to **apply psychological knowledge and scientific skills to everyday life**. This means to better understand other people's and your own behavior, appreciate the complexity of human behavior, and acquire a healthy skepticism about popular psychological opinion and "facts" in the media.

Recommended Readings

Weiten's Psychology: Themes and Variations, 10th Ed.

Course Guidelines and Policies

Course Website

We will use the Moodle website for course administration. Lecture slides will be posted on the Moodle website approximately one day after the respective lecture. The quizzes will be posted on Moodle as well as your overall progress in the class.

Academic Misconduct

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or disciplinary sanction by the University. All students need to be familiar with the [Student Conduct Code](#).

Incompletes

Departmental and university policies regarding incompletes do not allow changing "incomplete" grades after one year has passed since the "I" was granted.

Disability Modifications

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and [Disability Services for Students](#). If you think you may have a disability adversely affecting your academic performance, and you have not already registered with Disability Services, please contact Disability Services in Lommasson Center 154 or call 406.243.2243. I will work with you and Disability Services to provide an appropriate modification.

Email Policy

You are welcome to email me with general questions about the course, and I will typically respond within one or two business days. Please consider dropping by office hours if you have a lot of questions. I will only respond to students' university email address (i.e. firstname.lastname@umontana.edu). Thus, it is the students' responsibility to regularly check their email.

Announcements

Students are responsible for any announcements made in class. These may include changes in policy, due dates, or assignment requirements.

The Class Environment

I would like to have a tolerant, relaxed, and stimulating classroom atmosphere. This means that you are welcome to contribute to class discussions by raising your hand if you have questions/comments or if you want to bring up an interesting point. However, keep in mind that other students may have different opinions and experiences than you, so please be respectful of other students' viewpoints. Also, please turn off your cell phones and other personal electronic devices prior to coming to class. If you wish, you may use a laptop or tablet to take notes. However, please refrain from using your laptop for anything else other than notetaking as it disrupts the learning environment for the rest of us.

Course Grading

Your final grade for the course is based on the total of your 4 best exam scores (4 required sectional exams and an optional comprehensive final exam), completing the chapter practice quizzes on Moodle, and attending the review session.

Exams: There will be 4 sectional exams and 1 optional final exam, each with 50 multiple choice questions (200 points total; 74% of grade). The lowest exam grade will be dropped if you take all 4 sectional exams as well as the optional final exam. See section on Course Structure below for details.

Quizzes on Moodle: A total of 4 quizzes relevant to the respective sections will be worth a total of 50 points (12.5 points per section quiz; 18% of grade).

Review sessions: 20 points total (5 points for attending each review session; 8% of grade). You will receive 5 points for attending in-class review sessions (see Course Schedule).

Research participation: In order to pass the class, you are required to accumulate at least 8 credits of research participation (see section of Research Experience below).

Extra credit:

1. Extra credit can be earned by participating in research. Please refer to this website to sign-up for extra credit as well as research experience credit (also see section on Research Experience below): <http://hs.umt.edu/psychology/undergraduates/sona.php>
For every additional credit of research participation your grade will be raised by 1%, up to a maximum amount of 4 credits (i.e. a grade increase of 4%). The extra credit will be added after the final grade is calculated.
2. Instead of research participation, you may instead submit additional research articles to gain extra credit (see Writing a summary/reaction paper section below). You are free to write a total of 4 credits worth of research articles in order to gain a maximum of 4% on your grade.

Total points: 270 points: Your final grade is based on the percentage of the total possible points that you earn, plus any extra credit (up to 4 credits through research participation/article summaries **ON TOP** of 8 credits that are required). Grades will not be curved. The percentage of your total number of points will therefore determine your final grade.

Final Grade	Number of points	Percentage
A	243-270	90-100%
B	216-242	80-89%
C	189-241	70-79%
D	160-240	60-69%
F	0-159	<60%

Course Structure

This course is designed to help you learn a large amount of material at a manageable pace. To achieve this goal, the semester is broken up into 4 sections with review sessions. Section 1 covers lectures 1-4, Section 2 covers lectures 5-8, Section 3 covers lectures 9-12, and Section 4 covers lectures 13-15. At the end of each section, you will have an exam on those chapters.

Sectional Exams and Quizzes

You are **required** to take the multiple-choice sectional exams. The final exam is optional. You can take the final exam to replace one of the sectional exams. The sectional exams will be administered during class time. The time and place of the final exam is **TBA**.

Important Note: If you do not take all 4 exams, you will not be eligible to drop your lowest score. You will receive a 0 on the respective sectional exam.

The sectional exams are non-cumulative (i.e. each exam covers only the relevant lectures). See Course Schedule for exam dates. Exam questions are based on ALL material presented in the respective lectures. The final exam will be cumulative (i.e. all class material will be covered). You may supplement your knowledge by reviewing the relevant chapters, however, material that is not covered in class will not be tested on exam day.

For all exams you will need to bring a #2 pencil and a NCS Test Sheet 50/50, from No. 95142. You can purchase this BLUE/GREEN scantron form in the University Center. Please note that no student will be allowed to start a test once another student has completed the exam and left the room.

Quizzes must be submitted on Moodle by midnight the day before each exam (see Course Schedule). You will be graded on completion of the quizzes, and not by the correctness of your responses.

- Study guides are not provided for quizzes or tests; you are expected to know all the material from lecture (unless otherwise indicated). Be sure to take advantage of all supplemental study materials.
- Plan to be on time for exams.
- **Final exam time: TBA**

Make-Up Policy

To make up a missed exam, you must meet the following criteria:

1. Notify me **before** the time of the exam and bring proper documentation
2. You must have legitimate documentation verifying the reason for your absence. Examples of documented circumstances that may merit approval include the following:
 - Illness or accident
 - Death or family emergency
 - University-sanctioned activity

Remember, prior notification and documentation are mandatory!

Research Experience

Psychology is a science built on systematic research of both human and non-human animals. A critical aspect of this course is becoming familiar with how that information is obtained. There are two ways to meet this course requirement and they may be combined in any manner to meet the 8-credit research experience requirement.

The research experience portion of this class is not graded but it is required for a grade in the course.

You may choose either or both of these options (e.g., 4 credits of research participation with 4 credits for reading about research for a total of 8 credits), but this requirement must be met by the end of the semester.

1. Participation in original research. In this option, you will sign up to participate in actual psychology experiments. Individual experiments may range from 1 to 8 credits. Typically, each credit takes about 30 minutes. Signing up for studies occurs via an online sign-up system. To sign up, you will need to create an account online. When doing so, (1) be sure you use your umontana e-mail address as your username (if your umontana e-mail address is jane.smith@umontana.edu, you would enter jane.smith); if you do not do this properly, then you will not get the account information. Also, (2) please be sure you enter the right course section number, or else you may not be properly credited. Signing up and checking studies is easy: Department of Psychology's SONA Research Participation page. URL: <http://hs.umt.edu/psychology/undergraduates/sona.php>

Each experiment has a different name. Once you have participated in a specific experiment, you may not sign up for any other experiment with the same name. If you do, you will only receive credit for the first experiment. Some psychological research projects require participants who possess special characteristics. You have the opportunity to participate in the in-class screening/testing day to be eligible for those experiments. The results of the assessments are confidential, and participation in the screening/testing day is optional.

Your credit will be tracked via the online system (SONA) – you will be awarded credit for participation within 72 hours of participating by the researcher who was in charge of the study. If you check your credit and it has not been awarded in a timely fashion, contact the experimenter listed as the contact on the study to resolve this conflict.

At the end of the term, your instructor will automatically get your credits from the online system. Note that if you participate in screening day (described below), you will only need to get 6 credits via the SONA system (screening day credits are tracked separately).

2. Screening/Testing Day. Screening/Testing Day is designated to provide you an opportunity to earn research credit (2 credits) and to provide researchers the opportunity to screen Psychology 100 students for other studies later in the semester or hand out short questionnaires. **Screening Day will be on Tuesday, 1/29/2019 at 12:30pm.** Screening/Testing Day is in place of lecture for that day only. **You are NOT required to attend screening/testing day.** If you do not attend, you will not receive the 2 credits points, but no penalty will be assessed. Screening Days credits are awarded separately from the SONA system and will be incorporated by your instructor automatically if you attend.

3. Writing a summary/reaction paper about original research. In this option, you will find, read, and summarize an original research article. Each written summary should be 2 pages long and each summary is worth 2 research credits. To get credit, you need to turn the assignment in to your instructor by email, who will review it and assign credit. Include your name and article title on the document, not simply in the email. The last day to hand in the summaries is **Thursday, April 23rd**.

An adequate summary should be roughly two pages, double-spaced, in 12 font with one-inch margins.

1. At the top of the page in the right hand column, provide your name, student ID number and your instructor.
2. Summarize the main points of the article. What were the main research goals of the original article? Why was it important? How does it connect to existing research? What were the main outcomes of the study? How do they translate into future research?
3. Add a brief discussion of your own opinion. Do you think the study was well done? Were the results convincing to you? Is there something you would have done differently? If so, what and why?
4. Attach a copy of the article to your email.

Your essay should be written in complete, grammatically correct sentences without spelling errors. Be sure to not plagiarize someone else's work (this includes but is not limited to other students and/or summaries from the internet). For information on plagiarism refer to the [Student Conduct Code](#).

In order to find research articles, follow these steps:

1. Go to <https://www.lib.umt.edu/research-find/default.php> (or go to UM's library website and navigate to the research page)
2. Click on "Search Database".
3. Click "p" tab.
4. Click "psychinfo" database.
5. On the first line, insert a psychological topic that is of interest to you. This could be something we discussed in class and/or something that you are curious about from elsewhere.
6. On the first line, use the arrow tab to choose "abstract".
7. Read the article, and then write your summary!
8. Note: If you are writing more than one summary, you need to summarize a different article each time. You are not allowed to turn in a summary of the same article more than once for credit.

What happens if I do not finish the research experience requirement? Students who do not complete their research experience credits will receive an Incomplete for the class. Students with Incompletes will be allowed to finish their research experience requirement only through the reading about research option (option 2). Consistent with university policy if you do not resolve your Incomplete within one year, your grade will revert to one letter grade lower than what you would have received otherwise. Be aware that if you earn an "Incomplete" in any course at UM, an "I" remains on your record permanently, even if you eventually complete the work.

PSYX 100 Course Calendar

Note: This course schedule is tentative, and therefore subject to change with appropriate notice.

DATE	TOPIC/CHAPTER	NOTES
Jan 10	Introduction/Syllabus	
Jan 15	Chapter 1	
Jan 17	Chapter 2	
Jan 22	Chapter 3	
Jan 24	Chapter 4	
Jan 29	<i>Screening/Testing Day</i>	
Jan 31	Special Topic	
Feb 5	Review Session	Quiz 1 due by 11:59pm
Feb 7	Exam 1	Chapters covered:1-4; bring BLUE/GREEN scantron
Feb 12	Chapter 5	
Feb 14	Chapter 6	
Feb 19	Chapter 7	
Feb 21	Chapter 8	
Feb 26	Special Topic	
Feb 28	Review Session	Quiz 2 due by 11:59pm
Mar 5	Exam 2	Chapters covered: 5-8; bring BLUE/GREEN scantron
Mar 7	Chapter 9	
Mar 12	Chapter 10	
Mar 14	Chapter 11	
Mar 19	Chapter 12	
Mar 21	Special Topic	
Mar 26	<i>NO CLASS: Spring Break</i>	
Mar 28	<i>NO CLASS: Spring Break</i>	
Apr 2	Review Session	Quiz 3 due by 11:59pm
Apr 4	Exam 3	Chapters covered: 9-12; bring BLUE/GREEN scantron
Apr 9	Chapter 13	
Apr 11	Chapter 14	
Apr 16	Chapter 15	
Apr 18	Special Topic	
Apr 23	Review Session	Quiz 4 due by 11:59pm/last day to hand in research summaries
Apr 25	Exam 4	Chapters covered: 13-15; bring BLUE/GREEN scantron
TBA	Optional Final: TBA	All chapters covered; bring BLUE/GREEN scantron

Disclaimer:

Hannes Heppner reserves the right to make changes in (a) the course schedule, (b) course requirements, (c) the course grading procedures, and/or any other aspects of the course at any time. Any alterations will be circumspect and will be made in the best interests of the students, the course, and the instructor.